The 10 Thing Detox

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Thank you for reading my work.

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Quick Intro

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The 10 Thing Detox can be integrated into your lifestyle at any point. If you feel your life is out of balance in any area or feel your life is balanced in every area, these 10 things can be used to guide you back to a life of balance and/or maintain or improve your balanced lifestyle.

Characteristic traits of numerous detoxes are that they often focus on dieting, but the 10 Thing Detox offers a holistic approach to ensure you experience a complete detox process.

I'm sharing this for info and education only — not as medical or health advice. Always do your own research and talk to a licensed doctor or healthcare professional before making decisions about your health.

Technology

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Phones

Nobody just walks to their cars anymore, they walk to their cars while staring at their phone screens--occasionally looking up just in case a car happens to be coming.

Maybe this is an overstatement--because not everyone just walks blindly staring at their phones--but a high percentage of people do.

News

Some people find it difficult to stay away from reading the news; they have to know what things are happening in the world (which are usually unfortunate events).

Social Media

Social media is taking over the world, and numerous people now use social media as a measurement of their value. The addiction and dependence of social media is incomparably worse than what it used to be many years ago.

We are all so wrapped up in technology. I mean it makes sense--we are in the digital age. But it seems like none of us can get away from our phones, tablets, computers, social media profiles, and the news. *Our lives are in our devices, and we can't live without them.*

But here I am today asking you to take a break for your own sanity and health. Technology is powerful, and most of us do not know how to function without it. We have become total slaves to technology.

Can you go a day without using technology? Can you turn off your phone or computer for several hours in a given day? Are you able to function without immersing yourself into the news each day? Are you able to not use the internet for half a day or more?

If you are struggling to say yes to most of these, then a detox from technology would be helpful. I am not saying you have to give up technology for a whole day, but try taking a break for at least several hours. Better yet, you can dedicate certain time frames or days of the week to not use technology.

Detox Tip: Technology is addictive. Most of us are dependent on technology, which is more reason to get away from it (at times) to ensure we remain in balance and utilize technology intentionally.

Negativity

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For one day, I want you to not complain about anything in your entire life.

For one day, I want you only to find ways to be grateful for the things, people, and situations that have happened and are happening in your life.

Detox Tip: Negativity and complaining is toxic to our bodies, minds, and spirits. Take an inventory of all the negative thoughts and feelings you have inside of you and let them go.

Relationships

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The people we choose to keep in our lives affect us in many ways, and we need to ensure that the people in our lives are in our lives intentionally--not by default.

Take an inventory of your relationships:

1. Which relationships are toxic?

2. Which relationships do not bring joy to your life?

3. Which relationships feel forced?

4. Which relationships are not making valuable use of your time?

5. Which relationships are you not putting genuine energy into anymore?

If you have any of these relationship types, it's time for you to make an intentional decision about whether to continue the relationship or eradicate it from your life.

When you start to let go of things, habits, and people that are not adding value to your life the following will take place:

1. You will be happier

2. You will be more content

3. You will experience more clarity in your thinking

4. You will feel lighter

5. You will be able to give more of yourself to others in positive ways

6. You will love yourself more

Let go of the people who you no longer can serve and add value to.
Detox Tip: Letting unproductive relationships linger in your life take a toll on your mental, emotional, and physical well-being. What relationships can you let go of today that you know by doing so will reap positive changes in your life immediately?

Spending

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How long have you gone without spending any of your money on everything but your necessary expenses? Most people haven't. Most people are addicted to consumption of: dining out, alcohol, clothes, automobiles, technology, games, entertainment, etc.

Decreasing or eradicating your spending on unnecessary items for a certain period of time is one way to take your detox to another level. Withdrawing yourself from consumption will not only give your money (and maybe your credit cards) a break, but it will also make you--by default--a more conscious and intentional spender, which this world needs more of.

I challenge you to take a break from consumption; by this I mean taking a break from spending your resources on anything other than necessary expenses (e.g. food, utilities, gas for work, rent/mortgage, bills). Notice what changes in your life after you engage in this activity. I recommend starting off with at least a week time frame.

Detox Tip: Most people do not include ceasing financial consumption in a detox, but this is something to consider to enhance your self-discipline and levels of intentional living.

Sugar

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As a sugar lover, I can understand how easy it is to let sugar slip into your life, and how difficult it can be to eradicate it from your life.

Take a break

Sugar is one of the most (if not the most) addictive drugs. People may not look at sugar as a drug, but if you had to take sugar out of your diet right now, **these are some of the things you would have to give up:**

1. Starbucks

2. Bread

3. Juice

4. Fast Food

5. Cereal

6. Snacks

7. Cakes, Pies, Ice cream, and any type of dessert

8. Fruit (yes this too)

9. Certain meats

10. Smoothies

11. Processed foods

12. Alcohol

13. Soda

14. Milk

15. Gum

16. Mints

17. Medicine

Most people consume a number of these on a regular basis. In fact, some of us can't go a day without some of these items, which means *you are probably getting some form of sugar in your diet every single day*.

Note: There is one item on the list that I recommend you get rid of completely (and something I gave up in high school): SODA.

Sugar is worth giving up temporarily (if not altogether) for detox purposes. The benefits are quite invaluable. Taking a break from sugar not only improves multiple bodily functions, but it also increases your mental clarity and can brighten your mood. Many people also notice they experience have healthier skin complexions; I know I do.

Detox Tip: Processed sugar is always the first thing that should go out the door when doing any type of detox.

Meditation

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Each day provides you with an opportunity to take time out for yourself: time to think, rejuvenate, be tranquil, and ensure you are living an intentional and purpose driven life.

Make it a practice to spend some quiet time with yourself each day. Meditating does not have to mean sitting cross legged, with your hands together, eyes closed, etc. Meditation is whatever stillness means for *you.*

That could mean any of the following or something else you have in mind:

1. A walk on the beach

2. Resting on the floor--quiet and still

3. Turning off all noise and distractions and being quiet

4. Reviewing your life goals and purpose

5. Journaling

6. Taking a walk with a dog

7. Taking a walk by yourself

8. Exercising

9. Yoga

10. Listening to nature

11. Watering plants

Take time out of your day to engage in the practice of meditation. Our minds, bodies, spirits, and souls all need serenity and tranquility to help center our lives with balance and wholeness.

Detox Tip: Being quiet and still is something our society has lost. There is always noise in the air (e.g. transportation, music, talking, tv, etc.). Be different and take an intentional quiet moment each day.

Boundaries

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Do you often find yourself asking, “Where did the day go?” or saying, “I lost track of time again.” and feeling regret because you didn’t accomplish what you needed to before the end of the day? Do you often feel like the priorities of others drive your life? Do you ever feel like you don’t have time for yourself? Do you often feel mentally scrambled?

Do you often feel bitter or resentful towards certain people you do things for? Do you often feel anxiety around certain people or remorse for things you signed up for (e.g. group outings, events, volunteering, etc.)?

This is often the universe trying to tell you that you lack boundaries in self-care, time management, relationships, work, family, etc.

Today, I want you to de-clutter your schedule. I want you--for one day--to only do the things that truly matter and carry the most value to you. I want you to say no--respectfully--to as many people as you can and make room for everything you have been putting on hold (like your dreams and desires).

Boundaries can be difficult to create later in your life if you have lived most of your life without them, but I want you to start practicing today. Start small and continually start saying “no” to more things and people that you feel are not intentional or adding value to your life.

Detox Tip: We all need to detox from not saying “no” enough to things that etch away at the pieces that make up who we truly are.

Water

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Water: Human bodies are like walking water containers, which is why we constantly need to replenish the body's water supply.

Drink at least 1 gallon of water each day or at least half your weight in oz. (e.g. if you weigh 200 pounds. then you should be drinking at least 100 oz. of water). Stay away from feeling pressured to drink all of the water your body requires each day by establishing a consistent cadence for water consumption; by doing this, you will practically guarantee your body stays hydrated and energetic throughout the day. Furthermore, your body will be purged of impurities with the integration of this healthy habit.

In a world where water is constantly being transformed into other things (e.g. sparkling water), it is important to learn how you can maintain an interest and habit of drinking an abundant supply of water.

Here are two tips:

1. Get a new water bottle. Replace your water bottle when it gets old or beaten down. Pick a water bottle that is fun to look at and works well for your lifestyle.

2. Accessorize your water. Try some different combinations of edible things you can put in your water like cucumbers, mint, lemon, orange, other herbs, etc.

Detox Tip: Water is consequential to every detox. Drink lots of it--always.

Vegetables

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I don't like eating vegetables all the time--especially raw ones, but I realize how important consuming vegetables are. I get mine in different ways:

1. Eating a bag of raw vegetables with each meal

2. Putting a handful or more of vegetables in a homemade smoothie

3. Drinking plant protein supplements that have greens added to them

4. Taking vitamins with greens added to them

Remember the following:

1. Eating raw veggies is *always* best, but the intake of vegetables period is better than none.

2. Choose organic vegetables over non-organic vegetables whenever you can.

3. Aim to eat 4-6 servings of vegetables each day; a way to achieve this is by eating veggies with every meal in a given day.

Detox Tip: Quality and organic vegetables are an important factor when you are trying to clean out your body and fill it with nutrients.

Sweating

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One way to release toxins from your body is to excrete them by sweating. Two ways we can do this is by engaging in cardiovascular activities, and also by taking a visit to the sauna. Not all gyms have saunas, but many do. Some residential complexes have saunas as well. Find one near you that you can visit often.

Sauna Tips:

1. Build up your tolerance for the sauna overtime; most likely your body will not be able to handle a moderate sauna session right off the bat due to a low heat intolerance.

2. Aim to be in the sauna for 5-20 minutes. Overtime you will be able to stay in there longer; it is still recommended to only stay in for about 15 minutes at a time.

3. Drink plenty of water while you are in the sauna to stay hydrated.

4. Do not fall asleep in the sauna. Relax, but stay alert to avoid intense exhaustion and dehydration.

5. Use a towel and wear flip flops in the sauna for sanitary reasons.

Cardiovascular Tips:

Cardio is an excellent way to sweat. If you want to get some solid blood flowing, release stress, release toxins, *and* sweat, then engaging in 15-60 minutes of cardio each day is a wonderful option.

In order to detox your mind, body, and spirit you must sweat out the toxins from your body. Sweat it out as often as you can.

Note: Another good way to sweat is through circuit training, resistance training, and other forms of exercise.

Detox Tip: Releasing impurities and toxins from your body is imperative to the detox process.